

**NUTRITION CARE DIVISION
FORT CARSON MEDDAC – 3**

SUNDAY 24 June 07	MONDAY 25 June 07	TUESDAY 26 June 07	WEDNESDAY 27 June 07	THURSDAY 28 June 07	FRIDAY 29 June 07	SATURDAY 30 June 07
Pancakes	Waffles Country Sausage Oatmeal/ Grits	Pancakes Oatmeal/ Cream of Wheat Grilled Ham	French Toast Country Fried Steak Oatmeal/ Grits	Pancakes Comed Beef Hash Oatmeal/ Cream of Wheat	Belgium Waffles Grilled Ham Oatmeal/ Grits	French Toast

BREAKFAST: Fruit♥, juice♥, hot/cold cereal♥, toast♥, English Muffins♥, bagels♥, biscuits, assorted pastries, scrambled eggs, boiled eggs, eggs to order, omelets to order, hash browns, pancakes or French toast, cream cheese, peanut butter, jelly, bacon, sausage, cream beef.

LUNCH:

Soup de Jour Paprika Schnitzel ♥ Fried Chicken Mashed Potatoes♥ Mushroom Gravy Potato Pancakes Corn Vegetable Medley ♥ Dinner Rolls <i>Deli Special</i>	Soup de Jour Cream of Potato Beef Stroganoff Chicken Curry ♥ Grilled Liver & Onions Steamed Rice Egg Noodles Honey Glazed Carrots ♥ Cauliflower Dinner Rolls ♥ <i>Southwest Chicken Salad</i>	Chicken & Dumpling Soup Soup de Jour Homestyle Meatloaf Fish Taco♥ Breaded Pork Chop Brown Gravy Couscous Garlic Mashed Potatoes♥ Green Beans Summer Squash♥ Dinner Rolls♥ <i>Taco & Nacho Bar Crispy BLT Salad</i>	Soup de Jour Italian Wedding Pork Tamales Pollo Asado ♥ Steak Quesadilla Spanish Rice♥ Broccoli♥ Rancho Fiesta Blend Cheesy Potatoes Dinner Rolls♥ <i>Pasta Bar Chef Salad</i>	Soup de Jour Seven Bean Soup Jumbo Italian Burger <i>BBQ Chicken</i> ♥ BBQ Ribs Macaroni & Cheese Mediterranean Potatoes♥ Steak Fries Seasoned Greens♥ Vegetable Medley♥ Corn Bread <i>Asian Bar Spinach Chicken Salad</i>	Clam Chowder Soup de Jour Lemon Baked Fish♥ Carved Top Round of Beef Grilled Bratwurst or Polish Sausage Au gratin Potatoes Wild Rice Pilaf♥ Succotash Green Beans Sauerkraut Garlic Bread <i>Seafood Bar Antipasto Salad</i>	Soup de Jour Roast Turkey ♥ Deli Special Turkey Gravy Bread Stuffing Sweet Potatoes ♥ Zucchini ♥ Dinner Rolls ♥
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LUNCH: Salad Bar *Weekdays Short Order:* Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers, Grilled Chicken Sandwich, French Fries, Assorted Chips, and Bread, Fruit♥, Ice Cream Novelties, and Cakes, Pies and Cookies available daily.

Weekends & Dinner Meal Short Order: Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, French Fries, and Grilled Chicken Sandwich♥

DINNER:

“MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS.”

Soup de Jour Stuffed Peppers Rice Pilaf ♥ Steamed Carrots♥ Baked Potato Dinner Rolls	Soup de Jour Grilled Salmon♥ Steamed Rice ♥ Mixed Vegetables ♥ Portabella Mushroom Sauce Dinner Rolls	Soup de Jour Veal Parmesan Caribbean Chicken♥ Pesto Penne Pasta♥ Spinach ♥ Dinner Rolls	Soup de Jour Hungarian Goulash ♥ Steamed Noodles ♥ Steamed Green Beans ♥ Dinner Rolls	Soup de Jour Roast Turkey ♥ Mashed Potatoes ♥ Turkey Gravy Broccoli Cranberry Sauce Dressing Dinner Rolls	Soup de Jour Grilled Rib eye Baked Potato ♥ Steamed Carrots ♥ Sautéed Mushroom & Onions Dinner Rolls	Soup de Jour Braised Pork Chop ♥ Steamed Rice ♥ Au Gratin Potatoes Broccoli ♥ Mushroom Gravy Dinner Rolls
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HOURS: **BREAKFAST :** Weekdays: 0700-0830 **LUNCH:** *Weekdays:* Full Menu 1100-1300 **DINNER:** Full Menu 1600-1730
Weekends/Holidays 0730-0800 Self Service/ Short Order 1300-1400
Weekends: 1130 – 1300

♥ Denotes Heart Healthy Selection, Heart Healthy Meal includes entrée, starch, vegetable, bread, and fruit, and is less than 500 calories and 17g fat (30% fat)

MELANIE J. CRAIG, LTC, SP, Chief, Nutrition Care Division